PUTTING WOMEN IN THE FAST LANE

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Your Life Is Your Responsibility
ACTIONS & REACTIONS
The victim mindset dilutes the human potential. By not accepting personal responsibility for our circumstances, we greatly reduce our power to change them.

- Steve Maraboli
We Must Own Who We Are
BE INTENTIONAL
When I discover who I am, I’ll be free.

- Ralph Ellison
You Can Never Be Too Prepared
We win our games in practice.

- Vince Lombardi
You’re On Your Own, Kid
Be Your Own Coach
Be Your Own Coach

• Positive Self-Talk
Be Your Own Coach

• Positive Self-Talk
• Constructive Criticism
Be Your Own Coach

• Positive Self-Talk
• Constructive Criticism
• Ask Yourself, Why Not?
Demand more from yourself than anyone else could ever expect.

- Tony Robbins
Meet People Where They Are
Build Relationships With:
Build Relationships With:

- Appreciation for Individual Styles and Needs
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- Intentional and Approachable Communication
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- Appreciation for Individual Styles and Needs
- Intentional and Approachable Communication
- Understanding of Different Lived Experiences
Teams thrive when every member is empowered to be an active participant.

- Julia Landauer
6 Purposely Create Alliances
THINGS WE CAN DO

- Abandon Scarcity Mindset
- Publicly Celebrate Victories
- Listen, Without Getting Defensive
- Help Where We Can
Every woman’s success should be **an inspiration to another**, we’re strongest when we cheer each other on.

- **Serena Williams**
Our Dreams
Demand Discomfort
OUR GOALS

GUIDE US
The more you practice tolerating discomfort, the more confidence you'll gain in your ability to accept new challenges.

- Amy Morin
If it’s both terrifying and amazing, then you should definitely pursue it.

- Erada Svetlana